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Lyme Arthritis

Version of 2016

3. EVERYDAY LIFE

3.1 How might the disease affect the child and the family's daily life?

Due to pain and limitation of motion, the child may experience limitations in sport activities, for example not being able to run as fast as before. In most patients, the disease is mild and most problems are minor and transient.

3.2 What about school?

For a limited period of time, it may be necessary to stop participation in school sports; the student may be able to decide on her/his own in which activities she/he would like to take part.

3.3 What about sports?

The child/adolescent should decide by herself/himself on this matter. If the child takes part in a regular planned programme in a sports club, it might be advantageous to diminish the requirements of this programme or to adapt the requirements to the patient's wishes.

3.4 What about diet?

The diet should be balanced and contain adequate protein, calcium and vitamins for a growing child. Dietary changes do not affect the course of the disease.

3.5 Can climate influence the course of the disease?

Although ticks need a warm and humid climate, once the infection has reached the joints, the subsequent course of the disease is not influenced by climatic variations.

3.6 Can the child be vaccinated?

There are no restrictions concerning vaccinations. The success of vaccination is not affected by the disease or by antibiotic treatment and there are no additional side effects to be expected due to the presence of the disease or treatment. There is currently no vaccine against Lyme borreliosis.

3.7 What about sexual life, pregnancy, birth control?

There are no restrictions on sexual activity or pregnancy due to the disease.